

MILK \$.75

LUNCH \$2.50

REDUCED \$.40

# Cheshire Elementary Menu October 2012



See our menus  
posted on our web  
page at [www.cheshire.k12.  
ct.us/foods/default.html](http://www.cheshire.k12.ct.us/foods/default.html)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 <p>1 Pillsbury Pancakes Chicken Sausage Patty with Syrup Meatball Hero on a Sub Roll Ham &amp; Cheese WG Sub Roll Hash Brown Baby Carrots w/Hummus</p>	<p>2 Popcorn chicken w/ Mashed Potatoes 2 oz Biscuit 4" x 6" Nardones Pizza Ham &amp; Cheese WG Sub Roll Romaine Spinach Salad Blushing Bean Salad</p>	<p>3 3 ea Pizza Crunchers with Marinara Sauce Grilled Chicken Breast on WW Roll Ham &amp; Cheese WW Bun Romaine Chick Pea Salad Cucumber Sticks with Ranch Drg</p>	<p>4 Chipotle Chicken Wrap Chipotle Mayo w cheddar Lettuce, Cukes &amp; Tomato WG Stuffed Crust Wedge Ham &amp; Cheese WG Sub Roll Tossed Garden Salad Baked Beans</p>	<p>5 Finger Lickin' Good Chicken 1/4 c Brown Rice/ Black Beans 1 oz Dinner roll Spicy or Regular Chicken Patty on a WG Bun Ham &amp; Cheese WW Bun Great Caesar Salad Seasoned Italian Blend</p>
<p>8 <b>Columbus Day</b> </p>	<p>9 Chicken Tenders with 1 oz Biscuit and 1/2 cup WG Brown Rice 4" x 6" Nardones Pizza Tuna Salad on WG Sub Roll Romaine Spinach Salad Cucumber &amp; Baby Carrot Sticks</p>	<p>10 Hot Dog on a Bun Baked 1 cup Macaroni &amp; Cheese Casserole Tuna Salad on WG Hard Roll Romaine Chick Pea Salad Baked Beans</p>	<p>11 Cheeseburger OR Hamburger Slider on WW Hamburg Bun oooh la la French Bread Pizza Tuna Salad on WG Hard Roll Tossed Garden Salad Sweetest of Corn</p>	<p>12 Teriyaki Chicken Patty/Bun Mozzarella Sticks with Marinara Sauce with 1 oz Dinner Roll Tuna Salad on WW Bun Great Caesar Salad Seasoned Green Beans</p>
<b>Connecticut Grown for CT Kids Week</b>				
<p>15 CT Sloppy Joe made with CT Grown Beef on CT Sub Roll 4" x 6" Pizza Ham &amp; Cheese/Sub Roll <i>A variety of fresh fruit which includes CT &amp; Cheshire Grown Drazen</i> Romaine Spinach Salad Hash Brown</p>	<p>16 CT Carla's Ravioli CT Raggazino Marinara Sauce w/wo Meatsauce made w CT Grown Beef !! 4 ea Mozzarella Sticks/Sauce Ham &amp; Cheese/Bun <i>A variety of fresh fruit which includes CT &amp; Cheshire Grown Drazen Orchard Apples</i> Romaine Spinach Salad CT Zucchini Casserole</p>	<p>17 CT Grown Beef Nachos CT Severance Tortilla Chips Black Bean Salad/Salsa Chicken Patty on CT Sweet Creations Bun Ham &amp; Cheese/Bun <i>A variety of fresh fruit which includes CT &amp; Cheshire Grown Drazen Orchard Apples</i> Romaine Spinach Salad CT Cucumber Sticks/Ranch Drg</p>	<p>18 CT Hummel Hotdogs on Hotdog Bun Chicken Teriyaki Dippers with Seasoned Rice Ham &amp; Cheese/Bun <i>A variety of fresh fruit which includes CT &amp; Cheshire Grown Drazen Orchard Apples</i> Tossed Garden Salad CT Butternut Squash</p>	<p>19 Pizza topped with CT Grown Roasted Veggies Crunchy Fish in Basket with Baked Fries 2 oz Dinner Roll Ham &amp; Cheese/Bun <i>A variety of fresh fruit which includes CT &amp; Cheshire Grown Drazen Orchard Apples</i> Great Caesar Salad CT Coleslaw</p>

Four Entrees Available Daily

1. Veggie Salad and Shred.

Cheese cup with

Bread of the Day

2. Chef Salad w/Bread of the Day

(protein and bread will

be the same as the

deli sandwich of the week.

3. Yogurt - Cereal and cracker

Plate

Plate also includes 4 oz yogurt

and 1 oz cheese stick

4. Peanut Butter and Jelly

Sandwich or a small

WG Uncrustable (grape Jelly)

plus 1 oz string cheese

All with an 8 oz Milk

with 1 Fruit and 1 Veggie

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100% Fruit Juice, Fresh Fruit,

Cut Up Fresh Fruit,&amp; Canned



Fruits are available



everyday with lunch.

Different varieties of milk

are available daily with

with all lunch choices.

Skim-Non-fat, 1% plain,

non fat flavored: Chocolate



**Connecticut Grown for CT Kids Week CT Grown or CT Manufactured Products delivered by a  
CT Distributor HPC Hartford Provision Company**

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	strawberry and vanilla.
22 Cheeseburger or Hamburger Slider on WW Hamburg Bun Hot Ham and Cheese on a Bagel Turkey on WW Hamb Bun Romaine Chick Pea Salad Blushing Bean Salad	23 3 x 5 Lucky Pizza  Spicy or Regular Chicken Patty/ WG Hamburg Bun  Turkey on WW Hamb Bun Romaine Spinach Salad Hummus	24 Cinnamon French Toast Chicken Sausage Patty with Syrup Tasty Toasted Cheese Goldfish Sandwich Turkey on WG Sub Roll Hash Brown Patty Baby Carrots w/ Ranch Dsg.	25 2 each Bread Stick Dunkers w Marinara Sauce  oooh la la French Bread Pizza  Turkey on WG Sub Roll Tossed Garden Salad Baby Carrots w/ Ranch Dsg.	26 Chicken Bites (All White Meat) with 1 oz Dinner Roll The Best Sloppy Joe on a WG Hamburg Bun Turkey on WW Ham Bun Great Caesar Salad Italian Blend Veggies	Please include your child's pin number on the check.
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	Free and Reduced
29 Philly Steak on a Bun w/ or w/o Cheese 4 each Mozzarella Stick with Marinara Sauce  Tuna Salad on WG Sub Roll Great Caesar Salad Sweet Potato Fries	30 Chicken Pot Pie w/ Peas & Carrots with Winner Garlic Breadstick 4 x 6 Cheese Pizza  Tuna Salad on WG Sub Roll Great Caesar Salad Sweetest of Peas	31 Nachos with Mexican Beef Nacho Chips/ Shred Cheese Lettuce, Tomatoes, Olives Baked Potato Bar/ Nacho Chips with Mexican Beef & Cheese Tuna Salad on WW Bun Romaine Chick Pea Salad Baby Carrots w/ Ranch Dsg.	1 1 cup Pasta with Meat or Marinara Sauce  WG Stuffed Crust Pizza Wedge Tuna Salad on WG Sub Roll Tossed Garden Salad Broccoli Salad 	2 Teriyaki Chicken Patty with WG Hamburg Bun Popcorn Chicken w/ Mashed Potatoes/LF Gravy 1 oz Sweet Dinner Roll Tuna Salad on WW Bun Romaine Spinach Salad Zucchini Casserole	Applications may be downloaded from Web site.
					
					5th or 6th graders may not charge beyond 5 (five) times in an academic year or loss of menu preference will occur. "No choice" meals will still be charged at the at the \$2.50 per meal rate. All snacks must be paid w cash.

*Dear Parent or Guardian,*

*Every School lunch meal comes with 8 oz milk, meat or meat alternate (such as tuna or cheese), grains such as rolls, buns, rice or pasta, fruits and veggies.*

*Your child may take up to 2 fruit and 3 veggies servings per day. Please explain to your children the importance of eating fruit and veggies at every meal.*

*Because we offer a wide variety of fresh fruits, cut up fruits, and canned fruit daily we do not have room on the menu to indicate such. We also offer 100% fruit juice twice per week. We're always working to offer Cheshire students healthier and tastier choices!!*

**Cheshire Food and Nutrition Services**